

PERSONAL HYGIENE

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1031 - Revised 01/06

Close attention to personal hygiene not only protects your health as an individual, but also can give a feeling of well being. Personal hygiene includes appropriate care of the skin, hair, ears, nails, teeth, feet and proper maintenance of personal items.

General

- Do not share personal hygiene equipment (such as brushes, combs, razors, or toothbrushes), cigarettes, or eating utensils.
- Cover your face when coughing, yawning or sneezing.
- Wash your hands! To keep clean and reduce the spread of infection, hands should be washed frequently, especially immediately after using the rest room and before eating. Always wash your hands before touching your face and mouth.
- Keep your clothing and living area clean and orderly.

Grooming

- Shower with soap and water as often as permitted. Wear a pair of shower shoes to protect your feet from potential infection. When towel drying, make sure to thoroughly dry such areas as between the toes. Cleaning on non-shower days should include armpits and private parts. Deodorant should be applied daily.
- Hair should be shampooed frequently in order to keep your hair and scalp

clean by removing excess oil.

Dandruff can be identified as white,

flaky, dry skin either on the scalp or around shoulder area. Dandruff can be treated by properly using a specific dandruff shampoo.

- **DO NOT**, under any circumstances, put anything including cotton swabs into the ear. To clean your ears just clean the external portion. Taking a hot shower will help to liquefy ear wax, which can then be washed off with a washcloth.
- Fingernails should be scrubbed daily to remove dirt from under the nail. Toenails should be kept clean and trimmed straight across the nail rather than trimming the nail round to follow the contour of the toe.
- The teeth should be brushed thoroughly after every meal, remembering to reach the far back teeth. Brush for two to five minutes at a time, using toothpaste and a soft brush. Dentures should be removed and carefully cleaned with a brush and mild soap or special denture cleanser.



Personal hygiene is the responsibility of each individual. Good hygiene habits prevent disease and illness and improve the general well-being of everyone.